

# RESOURCES FOR DIABETES EDUCATION

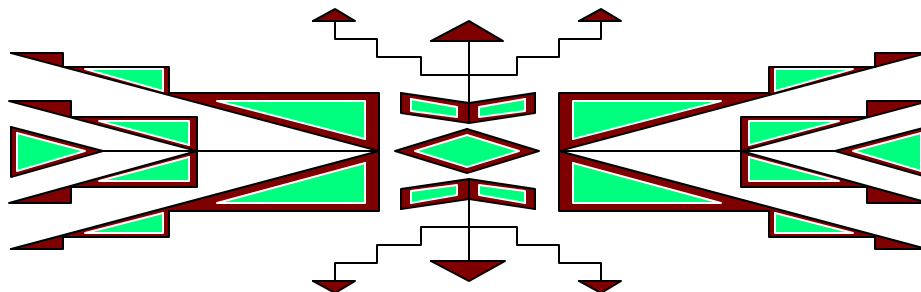
February 2000

This catalog belongs to:

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(name of your program)

IHS, National Diabetes Program  
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## **General Information About This Service**

The IHS National Diabetes Program has a 20 year history of providing diabetes care and education services to American Indian and Alaska Native communities. The staff of the Model Diabetes Programs and the Area Diabetes Consultants

- have been instrumental in identifying educational needs
- had a key role in developing diabetes education resources
- participated in field testing diabetes education material.

If you are interested in field testing materials in your community, contact Gwen Hosey, ANP, MSN, CDE at 505-248-4182 for more information.

### **The following is a list of most frequently asked questions:**

#### **How many can our program order and how much do they cost**

At this time, the materials listed in this catalog are provided free of charge. "Reasonable limits" are placed on the number of each item that can be ordered. In general, we ask that you base your order on the activity you will be using the material for and how many individuals will be involved. Keep in mind that most of the resources are designed to be used for individual counseling on various aspects of diabetes and diabetes care.

#### **I didn't get what I ordered for use at the Health Fair. Why not?**

There is a section in this catalog that addresses what is recommended and available for use at health fairs. Most items are designed for use in individual counseling and not for general distribution at large gatherings such as health fairs. We are seeking materials to be used for this purpose. If you have any to share, please contact this program.

#### **Why didn't my order arrive when I wanted it?**

Requests for materials usually come with an urgent plea such as "We need this by next week." Please be advised that all items are mailed using 4<sup>th</sup> class mail. There are no exceptions! This means your order will arrive to you 3-5 weeks after it leaves the clearinghouse.

#### **Why didn't I get the number of materials I ordered?**

This program has a limited budget for developing and printing materials. Because of 333 new diabetes grant programs in IHS, tribal, and urban Indian programs, we are not always able to fulfill your order as you have requested. IHS developed materials do not have a copyright on them. Please consider making your own copies, if possible. You can do this by xeroxing, especially the one-page items or reprinting. We also encourage you to customize an IHS item to fit the needs of your program.

Items bought from an outside source such as the American Diabetes Association are costly and therefore are made available to your program in limited numbers. A list of organizations that provide diabetes education material is provided should you wish to purchase items directly.

#### **What if I am ordering from outside the United States or from a private organization?**

Due to mailing and handling difficulties, this program requests that organizations from outside the U.S. pay for postage and handling. One sample of IHS material can be provided to organizations that do not provide services to American Indian or Alaska Native clients.

**Contact the IHS National Diabetes Program Office at 505-248-4182 if you have any questions. The IHS Area Diabetes Consultant and Model Diabetes Programs in your Area are also available for assistance.**

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# Educational Resources for Patients with Diabetes

## General Diabetes Information

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### Diabetes and American Indians

10 page **booklet** explains the risk factors, signs and symptoms for diabetes and ways to control blood sugar. Low literacy - 4<sup>th</sup> grade. IHS. 1987.

### Basic Series Diabetes Curriculum

12 **lesson plans** complete with listing of educational objectives and patient education materials. IHS. 1987.

- Diabetes and Am Indians I & II
- Using the Health Care System
- the Health Care System
- Diabetes and Your Feelings
- Body Weight and Diabetes
- Eat Less Food
- Eat Less Sugar
- Eat Less Fat
- Complications
- What is Home Blood Glucose Monitoring
- Treatment Therapies (Medications)
- Foot Care
- Exercise and Diabetes

### Complication Series Diabetes Curriculum Packet

9 **lesson plans** complete with listing of educational objectives & patient educational materials. IHS. 1987

- High Blood Pressure
- Periodontal Disease
- Heart and Blood Vessels
- Neuropathy
- Nephropathy
- Retinopathy
- Sexual Health for Women
- Sexual Health for Men
- Sick Day Management

## Diabetes Awareness Posters

A series of six 24" X 36" **posters** to use in clinics, public buildings and at health fairs. IHS. 1992.

- Protect the Gift of Vision
- Protect the Gift of Walking
- Respect the Gift of Dance
- Respect the Gift of Food
- Respect the Gift of Life
- Respect the Gift of Mind/Body/Spirit

## Diabetes Questions and Answers

2-part set of **flash cards** with basic diabetes related questions on one side and the answers on the other side. IHS, 1987.

## Diabetes and Native Americans: Are You At Risk?

2-page tear-off sheet of **50 sheets/tablet** briefly describes type 2 diabetes, its risk factors and warning signs. Includes a brief test to determine risk for getting diabetes and weight chart. IHS. 1997

## Health for Native Life

Summer-Fall, 1999,

Vol 1, Number 1

35-page **magazine** focuses on Native Americans with diabetes and their wellness stories of coping with and managing type 2 diabetes. Includes stories on walking, nutrition, making healthy habits, being on the road, gestational diabetes, men at work and casino culture. IHS, 1999. First in a series.

## Sick Day Guide

Back-to-back tear-off **sheet of 50 sheets/tablet** briefly describes self-care during common illnesses, such as the flu, vomiting, and diarrhea, which can cause serious problems for people with diabetes.

IHS, 1995.

## Staying Healthy with Type 2 Diabetes

15-page **booklet** briefly describes type 2 diabetes, signs and symptoms, general health care, healthy and unhealthy foods, exercise, medications, testing blood sugar, high and low blood sugar, and a sample daily schedule. International Diabetes Center - Low literacy series. 1997. **Limited number per order Consider purchase from IDC.**

**Right From The Start:  
Type 2 Diabetes - How To Get  
Started**

64-page informational **magazine** includes short chapters on learning to take charge of diabetes, feelings, nutrition, weight loss, exercise, blood glucose monitoring, medication, love-sexuality-childbirth, preventing complications, sick days, and resources. American Diabetes Association. 1998. **Limited number per order. Consider purchase from ADA.**

# Blood Glucose

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## **My Personal Care Record**

5 ½ “ X 8 ½ “ 63-page, 30-day record **booklet** for recording blood glucose results, medication, physical activity and food eaten. Instructions on how to record are included. IHS, 1995.

## **Know Your Blood Sugar**

One-page tear off sheet in **50 sheets/tablet** using thermometer graphic, lists low to very high blood sugar levels. Includes section for patient to indicate when blood sugar will be tested. Albuquerque Service Unit Diabetes Program, IHS, 1997.

## **Know Your Blood Sugar/ Hemoglobin A1c**

One-page tear-off sheet in **50 sheets/tablet** using thermometer graphic to indicate blood sugar and hemoglobin A1c levels. Albuquerque Service Unit Diabetes Program, IHS, 1997.

## **Nerve Damage to the Stomach and Intestines**

One-page tear-off sheet in **50 sheets/tablet** tells about how high blood sugars over a long period of time can cause nerve damage to the stomach and intestines. IHS, 1995.

## Exercise

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### **Taking Care of Yourself By Walking**

14 page **booklet** that describes the benefits that exercise program such as walking can have in controlling blood sugar levels. Low literacy - 4<sup>th</sup> grade. IHS, 1987.



# Eyes

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## **Taking Care of Your Eyes**

8 page **booklet** that explain how blood sugar can affect eyes. It tells the importance of yearly dilated eye exams and the signs and symptoms of eye damage that need to be reported.

Low literacy - 4<sup>th</sup> grade. IHS, 1987.

## **Eye Damage - Retinopathy**

11 page **booklet** defines retinopathy. It explains the risk factors for developing retinopathy and explains ways to prevent and treat retinopathy.

Low literacy - 4<sup>th</sup> grade. IHS, 1987

## **Stages of Diabetic Eye Disease**

8 1/2" by 11" one-page color **poster** that shows and describes what a normal retina looks like and the various stages of retinopathy. American Academy of Ophthalmology. 1994.

## Foot

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### **Taking Care of Your Feet**

10 page **booklet** that describes the how's and why's of foot care. Portland Area Diabetes Program. IHS, 1987.

### **Take Care of Your Feet**

A tri-fold **booklet** that describes good foot care . Navajo Area Physical Therapy and IHS Diabetes Program. 1996.

### **Footwear for People with Diabetes**

8 page **booklet** describes foot problems created by worn out shoes or socks, shoes with pointed toes or that are too tight. Includes tips on buying new shoes. IHS Diabetes Program. 1994.

### **Numbness to Legs, Hands and Feet/Pain**

Back-to-back tear-off **sheet of 50 sheets/tablet** describes nerve damage to the feet, legs and hands which may lead to amputations. IHS, 1995.

# Heart

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## **How to Have A Healthy Heart**

12 page **booklet** that describes how to have a healthy heart by exercising, eating less food, controlling blood sugar, and keeping scheduled clinic appointments. IHS, 1991.

## **My Healthy Heart Plan**

8 panel fold-out **brochure** briefly describes diabetes and your heart, explains and gives the target values for HgbA1c, total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides and blood pressure. A short form is provided to record client's own values and date done. Includes an assessment check list and information on how to reduce the risk of heart disease. A short list of oral heart medications is given to use as discussion points with the health care provider. International Diabetes Center, 1997. **Limited number per order. Consider purchase from IDC.**

## **Nerve Damage to the Heart And Blood Vessels**

One-page **tear-off sheet of 50 sheets/tablet** briefly describes high blood sugar can damage the nerves that control the blood vessels and heart. Gives recommendation for dealing with related symptoms. IHS, 1995.

## **Taking Care of Your Heart and Blood Vessels**

18 page **booklet** describes blood cholesterol and how to lower cholesterol by eating less fat foods and exercise. Portland Area Diabetes Program, 1989.

# Kidney

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## **Taking Care of Your Kidneys**

11 page **booklet** that briefly informs patients on kidney damage due to bladder and kidney infections. It also describes how to treat and prevent infections. IHS, 1990.

## **My Food Choices to Keep My Kidneys Healthy**

18 page **booklet** briefly tells what types of food to eat to stay healthy and prevent high blood pressure which will help to keep your kidneys clean and healthy. IHS, 1996.

## **Kidney Damage - Nephropathy**

12 page **booklet** describes kidney function , causes and signs of kidney damage, what can be done to delay kidney damage, dialysis treatment and kidney transplant. Low literacy-4<sup>th</sup> grade. IHS, 1991.

## **Nerve Damage to the Bladder and Urinary System**

A single **tear-off sheet of 50 sheets/tablet** on high blood sugars which can damage the nerves that control the bladder, kidneys, and urinary tract over a period of time. IHS, 1995.

## **Native Americans and Kidney Transplants**

24 page **booklet** describes kidney function, kidney transplantation, and how to be an organ donor. IHS, 1997.

# Medication

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## Diabetes and Oral Pills

12 page **booklet** describes the action of oral pills uses to help control blood sugar. IHS, 1991 (**Revision Pending**)

## Medicines for People with Diabetes

22-page **booklet** describes the oral diabetes pills and insulin. In question and answer format, briefly explains the role of diabetes medications for type 1 and type 2 diabetes. Describes 4 types of oral diabetes medication including how it works, how often it is taken, when it is taken and possible side effects. Also describes the action of 5 types of insulin, how insulin works, how often and when it is taken, injection sites, storage concerns and possible side effects. Mentions possibility of taking more than one diabetes medication at a time. Reviews cause and treatment for low blood sugar. Information is current as of November, 1998. **This booklet is also available through the National Diabetes Information Clearinghouse.**

## My Insulin Plan

8 panel fold out **brochure** briefly describes types of insulin, when to take insulin, insulin regimen, storage, syringe disposal, reason for taking insulin, and injection sites. Includes tips on taking insulin, information on high and low blood sugar and a personal insulin plan used by clients to fill out times and types of insulin taken. International Diabetes Center, 1998. **Limited number per order. Consider purchase from IDC.**

# Nutrition

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## **Carbohydrate Counting: Getting Started – Level 1**

32-page **booklet** introduces the process of learning to count the carbohydrate content of foods in the meal plan. It includes the how and why of carbohydrate counting, how to include protein and fat, food exchanges, free foods, and portion sizes. It emphasizes working with a registered dietician for meal planning and keeping food records. Includes a practice section and Food Lists appendix. ADA/ADA, 1995. **Limited number per order. Consider purchase from ADA.**

## **Carbohydrate Counting: Moving On - Level 2**

33-page **booklet** designed to build on skills learned in Level 1. Information assists client to develop record keeping skills and learn to identify patterns in blood glucose levels related to food, diabetes medication and physical activity. ADA/ADA, 1995. **Limited number per order. Consider purchase from ADA.**

## **Choosing Good Foods**

8 1/2" x 14" **tear-off sheet of 50 sheets/tablet** provides three lists of food for client to indicate what is eaten at least once a week. Total numbers from each list will guide suggestions for making dietary changes. Suggested serving sizes included. Claremore Indian Hospital Diabetes Program, 1996.

## **Diabetes Definitions**

2 sets of **flash cards** with nutrition term on one side and definition on the other. IHS, 1994.

## **Eating Healthy with Diabetes**

16-page **booklet** designed for use with low-literacy populations. Through use of picture drawings gives information on how to eat less fat, what to shop for and look for specific food items. Provides examples of food choices and portion sizes for breakfast, lunch, dinner and snacks. Gives instructions on how to count mixed foods and sweets, how to plan meals and measure food. ADA/ADA, 1998. **Limited number per order – Consider purchase from ADA.**

## **Exchange Lists for Meal Planning**

32 page **booklet** provides information on the exchange system of food grouping by calorie, carbohydrate, protein and fat content. Complex information; is not appropriate for use with all clients. ADA, 1994. **Limited number per order. Consider purchase from ADA.**

## **Exchange Lists for Weight Management**

32-page **booklet** provides information on how many calories to eat and how to choose healthy foods in order to achieve weight management goals. Recommends working with a registered dietitian and other health care team members. ADA, 1995. **Limited number per order. Consider purchase from the ADA.**

## **First Step in Diabetes Meal Planning**

**Fold-out brochure** suggests ways to make healthy changes in meal planning. Using food pyramid provides information on healthy food choices, serving sizes, and servings per day. ADA, 1995

## **Healthy Food Choices**

**Fold-out pamphlet** provides guidelines for making healthy food choice under the categories of eating less sugar, using less salt, and eating less fat and eating more high fiber food. Additional suggested food choices are made within 6 food groups. ADA, 1998.

## **Healthy Eating Food Guide for People with Diabetes**

4-page (each page 8 ½" X 11") **fold-out pamphlet** utilizes the food guide pyramid with food familiar to Native American communities. Suggests food selections using a "stop light" concept. IHS, 1995. (Pyramid/pt handout)

## **Healthy Eating for People with Diabetes**

15-page **booklet** describes healthy food choices, choosing foods with less fat, portion sizes, suggested meal plans for breakfast, lunch, dinner and snacks and encourages eating at regular times. International Diabetes Center, 1997.

**Limited number per order. Consider purchase from IDC.**

## **Hidden Fats**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** covering hidden fats in a table, 1st column on food, 2<sup>nd</sup> column on sugar content in pats and 3rd column is the total calories. Winnebago/Omaha Diabetes Project, 1990.

## **Hidden Sugars**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** covering hidden sugars in a table, 1st column on food, 2<sup>nd</sup> column on sugar content in cubes and 3rd column is the total calories. Winnebago/Omaha Diabetes Project, 1990.

## **Hidden Sugars and Fats**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** covering hidden fats in a table, 1st column on food, 2<sup>nd</sup> column on sugar in cubes, 3<sup>rd</sup> column on fat content in pats, and 4th column is the total calories. Winnebago/Omaha Diabetes Project, 1990

## **I Have Diabetes: How Much Should I Eat**

27-page **booklet** describes portion sizes using the food guide pyramid. Assists client, using a Question and Answer format, to determine amounts to eat of starches, vegetables, fruit, milk and yogurt, protein foods, fats and oils, and sugary foods. Provides a guide to plan meals and snacks for one day. NIDDK, 1998.

**Also available through the National Diabetes Information Clearinghouse**



## **I Have Diabetes: What Should I Eat**

31-page **booklet** encourages diabetes control through healthy eating using the food guide pyramid. Assists client, using a Question and Answer format, to describe, determine portion sizes, and identify healthy ways to buy/cook/eat starches, vegetables, fruits, milk and yogurt products, protein foods, fats and oils, and sugary foods. NIDDK, 1998. **Also available through the National Diabetes Information Clearinghouse.**

## **I Have Diabetes: When Should I Eat**

7-page **booklet** describes why blood sugar should be kept at a healthy level, suggests ways to keep blood sugar at healthy levels, encourages eating the same amount each day and explains why, and provides clocks for client to enter times to eat and when to take diabetes medication. NIDDK, 1998. **Also available through the National Diabetes Information Clearinghouse.**

## **IHS Nutrition Series Diabetes Curriculum**

10 **lesson plans** complete with educational objectives and patient education materials  
IHS, 1996

- Healthy Eating - A Brief Introduction
- How Much Do I eat?
- Shop Smart
- Cooking and Baking Food That Tastes Good
- Sugar is a Carbohydrate
- Fried Foods
- Protein: Don't Eat Too Much
- Selecting a Weight Goal
- Alcohol, Diabetes and Your Health
- Commodity Foods - Canned Meat

## **Making Fry Bread More Healthy**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** provides fry bread recipe using whole wheat flour and vegetable oil.

## **Meal Planning with Diabetes**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** gives information on daily food intake. Can be used to share basic information on meal planning with diabetes. IHS Health Center, Ft. Totten, ND, 1988.

## **My Food Plan**

8-panel **fold-out brochure** briefly describes carbohydrate, meat and meat substitute, vegetable, fats and free food choices. Provides a personalized food plan for client's to fill out, a list of healthful foods to choose and a guide to food planning based on the food guide pyramid. International Diabetes Center, 1996. **Limited number per order. Consider purchase from IDC.**

## **Reading Food Labels: A Handbook for People with Diabetes**

13-page **booklet** provides information on nutrition facts and how to read food labels. ADA, 1994. **Limited number per order. Consider purchase from ADA.**

## **Tips On How To Cut Down On Fat**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** that provides 6 ways on how to cut down on fat.

## **Traditional Foods Can Be Healthy**

10-page **booklet** presents a comparison between the traditional and modern lifestyles of Native Americans to encourage a return to healthy food choices. NIH/National Cancer Institute, 1996.

## **Why All the Talk About Fiber? -Eating Healthy the American Indian Way**

14-page **booklet** includes brief guidelines on shopping for high fiber foods, low fat cooking, and choosing high fiber foods at home and away from home. NIH/National Cancer Institute, 1995.

## **Why all the Talk About Fat? -Eating Healthy the American Indian Way**

17-page **booklet** gives advice on shopping for food that has less fat, food preparation and cooking, baking, and broiling using less fat. NIH/National Cancer Institute, 1995.

# Pregnancy

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## **Breastfeeding: simply the healthiest choice**

18" X 20" **poster** lists reasons why breast milk is baby's perfect food, how breast milk can begin a lifetime of good health for baby and why breastfeeding is healthy for mom. The Learning Curve, 1996.

## **Breast-Feeding: Nature's Best For You and Your Baby**

32 page booklet is a guide to answering questions about breastfeeding. Includes information on preparing for the nursing experience, making and giving milk, positioning, general nutrition guidelines, sample 1-day menu, helpful hints for success, special situations and where to find help.

American Dietetic Association, 1993. **Limited number per order. Consider purchase from the American Dietetic Association.**

## **Breastfeeding for good health**

4 ½ " x 11" 3-panel card lists the same reasons cited above. The Learning Curve, 1996.

## **How to Have A Healthy Baby-Gestational Diabetes**

24-page **booklet** describes high blood sugar during pregnancy problems that can be caused, good food choices, exercises during pregnancy, home blood sugar testing and special pregnancy tests. Claremore Diabetes Program, 1985.

## **My Prenatal Care Record**

5½" x 8½" 33-page, 15-day **record booklet** for recording blood glucose results, medication, physical activity, and food and drink intake instructions on how to record are included. IHS Diabetes Program, 1996.

**Planning for Pregnancy  
When You Have Diabetes**

13-page **booklet** briefly describes problems associated with type 2 diabetes and pregnancy. Emphasizes good blood glucose control prior to becoming pregnant. Lists blood glucose goals. Addresses late or irregular menstrual problems. IHS Diabetes Program, 1995.

**Diabetes and Family Planning**

8 ½" X 11" **tear-off sheet of 50 sheets/tablet** emphasis the importance of good blood glucose control prior to becoming pregnant. Includes birth control options. IHS Diabetes Program, 1995.

**Taking Care of Gestational  
Diabetes**

23-page **booklet** explains gestational diabetes, associated problems, care guidelines, testing blood sugar, care after birth, nutrition recommendations with meal and snack examples, physical activity and insulin and low blood sugar. Provides a 2-page care plan to write in times for various care activities. International Diabetes Center, 1998.  
**Limited number per order. Consider purchase from the IDC.**

## Psychosocial

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### Feelings and Diabetes

12 page **booklet** reviews emotional responses to having diabetes and the importance of acknowledging these feelings. Briefly reviews ways to feel good while having diabetes. Claremore Indian Hospital Diabetes Program, 1992.

## Sexual Health

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### The Intimate Side of Diabetes

10-page **booklet** in question and answer format addresses concerns related to sexuality and pregnancy for individuals who have diabetes. Includes a section pertaining to men and a section pertaining to women. IHS, 1992.

## Teeth

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### Taking Care of Your Teeth: Gum Disease

6-page **booklet** describes gum disease, plaque build-up, signs of gum disease and ways to prevent gum disease. Hu Hu Kam Memorial Hospital, 1990.

# Health Promotion

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**Blood Pressure: Keep the Harmony:** American Indian and Alaska Native Women: Keepers of Wisdom To Strengthen The Heart

On-page **tear off sheet of 50/tablet** describes high blood pressure and includes tips for keeping a healthy blood pressure level. NIH/IHS, 1996.

**Being Active: Give your heart a Workout!**

American Indian and Alaska Native People: Keepers of Wisdom to Strengthen The Heart

One-page **tear off sheet of 50/tablet** encourages physical activity to prevent heart disease. Provides brief instructions for starting a walking program and reasons why being active is good. NIH/IHS, 1996.

**Healthy Eating: Treat Your Heart**

American Indian and Alaska Native Women: Keepers of Wisdom to Strengthen The Heart

One-page **tear off sheet of 50/tablet** describes traditional foods. Encourages making healthy food selections and habits. NIH/IHS, 1996.

**Tobacco Misuse: Help your heart**

American Indian and Alaska Native People: Keepers of Wisdom to Strengthen

One-page **tear off sheet of 50/tablet** acknowledges tobacco use has always been part of American Indian culture. Reviews harmful effects of tobacco use. NIH/IHS, 1996.

# Resources for Use by Health Care Providers

## General

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### **Bibliography**

Document lists published scientific articles on diabetes related topics in Indian health from 1986 to present. Articles are available upon request from the IHS National Diabetes Program office

### **Alcohol and Diabetes: Case Studies**

Outline of two **case studies** demonstrates the pathophysiologic interaction of alcohol and type 2 diabetes. Can be used to prepare a workshop on the subject.

### **Introduction to Type 2 Diabetes: A Guide for Health Care Providers**

35-page **guide** describes type 2 diabetes, risk factors for American Indians, diagnostic criteria, management, and complications. Includes IHS Standards of Care for Patients with Type 2 Diabetes, information on Staged Diabetes Management, cultural considerations, the IHS diabetes support system, audit and resources. IHS. 1997.

### **IHS Minimum Standards of Care For Patients with Type 2 Diabetes**

Complete explanation of the IHS Minimum Standards of Care for Patients with Type 2 Diabetes. IHS, 12/97.

### **Minimum Standards of Care for Patients with Type 2 Diabetes**

2-sheet, yellow, **laminated poster** lists the standards. For display in exam rooms and other patient/provider areas. IHS, 12/97.

## **IHS Diabetes Patient Educational Needs Assessment Form**

**IHS Form 504.** 8 ½ " x 11" 4-page form, double hole punched at the top for use in patient charts. Reviews family history of diabetes, treatment, monitoring, factors affecting learning and influencing education, health beliefs and desired information. Providers document identified need, plan of action and evaluation/outcome. This assessment form can be filled out by both the health care providers and/or the patient. **Order through your IHS facility's form manager.** IHS, 1991.

## **IHS Diabetes Education Flowsheet**

**IHS Form 525.** 8 ½" x 11" 4-page double hole punched at the top for use in patient charts. Based on the IHS Patient Education Codes for Diabetes this form provides a format for documentation and evaluation of diabetes education. Can also facilitate data collection for audit purposes. **Order through your IHS facility's form manager.** IHS, 1994.

## **Prevention and Treatment of Complications Of Diabetes: A Guide for Primary Care Providers**

85-page **guide** covers nine complications of diabetes including detection, treatment and patient education principles. Provides straightforward and practical information. Centers for Disease Control, 1991.

## **The Pima Indians: Pathfinders for Health**

34-page **booklet** describes the cooperative search between the Pima Indians of the Gila River Indian Community and the National Institutes of Health in a 30-year research study to understand diabetes and obesity. National Institutes of Health. 1995.



# Foot

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## **Standards of Diabetic Foot Care**

43-page **manual** includes minimal standards of diabetic foot care which are within the scope of each IHS facility. They represent a multidisciplinary approach to the prevention and salvage of the diabetic foot, utilizing reasonable and attainable resources. IHS Aberdeen Area Office and Diabetes Control Program. 1998.

## **Basic Approach to the Diabetic Foot**

41-page **booklet** is intended for use by Community Health Representatives and health care professionals within the IHS, tribal and urban Indian health programs. This booklet contains chapters on Foot Problems, Foot Exam, Taking Care of the Diabetic Foot and Patient with the Foot Ulcer. The appendix includes sample foot care clinic and home visit forms. IHS Billings Area Diabetes Program, 1995.

## **Monofilaments**

Semmes-Weinstein **nylon filament** calibrated to deliver 10 grams of force (5.07) used for detection of loss of protective sensation in the feet of individuals with diabetes. Comes in a plastic case. For use in clinical settings. **Limited number per order.**

## **Foot Stickers**

Gummed 1" X 1 ½" orange **stickers** used on charts to identify diabetes patients who have high risk feet. **60 stickers/sheet.** IHS.

# Nutrition

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## Cooking for Good Health

A **series of modules** to teach cooking classes on healthy eating topics. Each module includes lesson plans, objectives and activities for:

- Setting Up Your Class
- Good Foods Can be Low In-Fat
- Preparing High Fiber Foods -
- Low Calorie Desserts and Holiday Foods -
- Low Fat Meat Cooking -
- Health Wise Shopping for Foods -
- Recipes

Blackfeet Diabetes Program, 1995

## Diabetes Nutrition Resource Manual

**Manual** was developed to provide quick access to diabetes nutrition resources and provides guidance on their use. Resources in this manual provide general, introductory information as well as guidelines for specific situations. Includes description and teaching tips on:

- Medical Nutrition Therapy
- First Step
- Healthy Eating
- IHS Food Guide
- Portions
- Cooking and Baking
- Low Blood Glucose
- When You Can't Eat
- Alcohol and Diabetes
- Healthy Kidneys
- Gestational Diabetes

IHS Diabetes Program, 1996

## Healthy Eating Food Guide Handbook and Resource Guide for Health Care Providers

36-page resource manual designed to be used with *Healthy Eating Food Guide Pyramid for Patients with Diabetes* client handout. Includes the following sections:

- Diabetes Nutrition Education Priorities and Strategies
- The Healthy Eating Food Guide Pyramid for Native Americans with Diabetes
- Teaching with the Healthy Eating Food Guide
- Appendices

IHS, 1995

## **Healthy Eating Food Guide for Diabetes**

**4 poster set** depicts the food guide pyramid using a “stop light” format. Larger version of the client handout of the same name. IHS, 1995

## **Honor the Gift of Food**

16-section **workbook** contains lesson plans, activities and low fat/low sugar recipes designed to be used in the home setting. Commodity foods can be used in any of these recipes. Lesson plans include:

- |                |                  |
|----------------|------------------|
| - Tools        | - Food Safety.   |
| - Baking Mix   | - Magic Mix      |
| - Food Choices | - Food Pyramid   |
| - Breads       | - Fruit          |
| - Vegetables   | - Dairy          |
| - Meats        | - Fish           |
| - Eggs         | - Planning Meals |
| - Exercise     | - Children       |

Portland Area Diabetes Program 1995

# Pregnancy

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## **Gestational Diabetes Educational Curriculum**

48-page, 4-lesson **curriculum** outlines classes on gestational diabetes, meal planning, complications, blood glucose monitoring and exercise. Includes list of materials utilized and sample patient hand-outs. Gila River Diabetes Educational Program. 1997.

## **Gestational Diabetes Stickers**

Gummed 1" X 1 ½" fluorescent green **stickers** used on charts to identify patients with gestational diabetes, history of GDM, and/or child of a gestational diabetes pregnancy. **60 stickers/sheet.**  
IHS.

# Health Promotion

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## **Holiday Eating Learning Program (H.E.L.P.) – Coordinator’s Guide**

10-page program guide outlines this 11-week program for individuals who will coordinate this program. HELP uses team competition and motivational techniques to promote healthful exercise and eating behaviors. Emphasis is promotion of a healthy weight loss or maintenance of healthy weight between Halloween and 2<sup>nd</sup> week of January. Can be adapted to other time periods. Zuni Pueblo Wellness Center, 1995.

## **Holiday Eating Learning Program (H.E.L.P.) – Participants Guide**

19-page program guide gives instruction to participants who sign up for this team weight loss and competition program. Includes team competition rules, exercise activity record, holiday eating tips, lifestyle improvement plan and food lists. Zuni Pueblo Wellness Center, 1996.

## **How To Run A Weight Loss Program**

29-page **program guide** provides a 10-step approach designed to provide basic information and ideas on developing weight loss programs utilizing competitive or incentive-based activities. Zuni Pueblo Wellness Center, 1989.

## **100-Mile Club**

12-page **booklet** provides step-by-step instructions on how to set up this type of group fitness program. Includes identifying a coordinator, incentives, awards, advertisement and promotion, rules, registration, and reporting and displaying mileage. Zuni Pueblo Wellness Center, 1992.

## **Creating Physical Activity Programs in American Indian Communities**

99-page **manual** is designed for anyone who wants to start or develop a fitness program for American Indians in his or her community. The manual provides advice, warnings, and examples from the kinds of experiences that may be faced in working with community members and organizations. Includes information on:

- Community involvement in program planning
- Community assessment
- Program design
- Tips and suggestions for successful implementation
- Program evaluation

Centers for Disease Control, 1995.

# Program Development

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## Patient Education Protocols

**IHS Manual** listing all patient education protocols. Diabetes education protocols are included. Manual can be downloaded from Internet at the following web site:  
<[Http://home.ihs.gov/Healthcare/Information/clinical\\_guidelines/ProvPtEd.asp](http://home.ihs.gov/Healthcare/Information/clinical_guidelines/ProvPtEd.asp)>

## IHS PCC Diabetes Management System (APCL)

45-page **user's manual**, Version 3.0 - is a group of computer programs designed to facilitate individual diabetes patient care and diabetes program management. The system capitalizes on data contained in the PCC. Includes detailed instructions for implementing and utilizing this system. IHS. 1997

## Putting Integrated Diabetes Care and Education to Work For American Indians/Alaska Natives

37-page CQI **guide** using the IHS Standards for Integrated Diabetes Care and Education presented in a multi-level, staged approach. The four levels for development of a diabetes care and education program can lead diabetes teams through planning, implementation and evaluation. The manual is helpful for program organization and goal setting. 1996.

## Quality Assessment of Diabetes Care Yearly Audit

IHS Diabetes Chart Audit Process is a standardized. Method for assessing the diabetes care and the health status of diabetes patients at your facility. Diabetes care at your facility is compared to the IHS Standards of Care for Patients with Type 2 Diabetes. Computer program uses Epi-Info; comes with instructions and a computer disk. Instructions are updated annually. **Contact your Area Diabetes Consultant for detailed information.**

## School Health

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### **You Can Make A Difference: Developing Comprehensive School Health Education Programs in American Indian Communities**

A resource booklet based on the experiences of the Indian Health Service Diabetes Prevention Program on the Tohono O'odham Reservation, AZ. This booklet is designed for IHS and tribal health providers who want to develop school-based diabetes prevention programs.  
IHS, 1992.

### **RISTRA Curriculum**

Comprehensive American-Indian-specific, school health, education curriculum for grades K-6. Includes lesson plans for each grade level and a list of videos, student booklets, posters, puppets, etc and potential vendor sources for each item. Classroom materials and student consumables must be purchased separately. Training on the RISTRA curriculum can be arranged by calling the Health Education Program at the IHS Albuquerque Service Unit at 505-256-2924



# Resource Material for Health Fairs

Most of the items listed in this catalog are designed to be used in counseling persons who have diabetes and with their family members. Recently there has been an increased demand for materials that can be used at community health fairs and other large gatherings where health related materials are shared.

This program suggests the following items be used as handouts for health fairs:

## Tablets

- Each item comes in tear-off sheets
- A limited number can be provided
- Please duplicate (these items do not have a copyright on them)

Diabetes and American Indians: Are You At Risk?	Choosing Good Foods
Hidden Sugars	Making Fry Bread More Healthy
Hidden Fats	Tips On How To Cut Down On Fat
Hidden Sugars and Fats	Meal Planning with Diabetes
Being Active: Give Your Heart A Workout	Blood Pressure: Keep the Harmony
Tobacco Misuse: Help Your Heart	Healthy Eating: Treat Your Heart

## Posters

Diabetes Awareness Poster, series of six, 24" X 36"

Healthy Eating Food Guide Poster, series of four,

Breastfeeding: Simply the Healthiest Choice, 18" X 20"

Stages of Diabetic Retinopathy, 8 ½" X 11"

## Booklets

IHS produced booklets do not have a copyright on them. Consider having your program reproduce them if you need these in large quantities.

## Things to remember about placing an order and how it is shipped:

- All orders are shipped by 4<sup>th</sup> class mail. This means it takes 3 –4 weeks for material to reach you once they are mailed from the clearinghouse. There are no exceptions!
- Each order is reviewed before being sent to the clearinghouse. Be sure your order can be read and all numbers are printed clearly.

# Other Resources for Diabetes Educational Material

*Contact these organizations directly for a catalog of materials.*

(This list does not imply endorsement of information or products.)

**1. National Diabetes Information Clearinghouse**  
patient and health professional information

1 Information Way  
Bethesda, MD 20892  
Phone: 301-654-3327  
Fax: 301-907-8906  
Web site: [www.niddk.nih.gov/ndic](http://www.niddk.nih.gov/ndic)

**2. American Diabetes Association**  
patient and health professional information and resources on diabetes

Order Fulfillment Department  
P. O. Box 930850  
Atlanta, Georgia 31193-0850  
Phone: 1-800-232-6733  
Fax: 770-442-9742  
Web site: [www.diabetes.org](http://www.diabetes.org)

**3. American Dietetic Association**  
patient and health professional information on diabetes and various nutrition related topics

Customer Service  
216 W. Jackson Blvd  
Chicago, Illinois 60606-6995  
Phone: 1-800-877-1600 ext 5000  
Fax: 312-899-4899  
Web site: [www.eatright.org](http://www.eatright.org)

**4. American Association of Diabetes Educators**  
resources, training, membership, and other information available for health professionals in the field of diabetes education

100 West Monroe Street, 4<sup>th</sup> Floor  
Chicago, Illinois 60603-1901  
1-800-338-3633  
Web site: [www.aadenet.org](http://www.aadenet.org)

**5. Chronimed Publishing**  
consumer and professional publications on diabetes and other health topics

P. O. Box 59032  
Minneapolis, Minnesota 55459-0032  
Phone: 1-800-848-2793  
Fax: 1-800-443-2806

**6. International Diabetes Center Publishing**

“consumer resources for living well with diabetes”

International Diabetes Center  
3800 Park Nicollet Boulevard  
Minneapolis, Minnesota 55416-2699  
Phone: 612-993-3393  
Fax: 612-993-1302  
Web site: [www.idcpublishing.com](http://www.idcpublishing.com)

**7. Channing L. Bete, Inc**

variety of consumer health education materials

200 State Road  
South Deerfield, MA 01373-0200  
Phone: 1-800-628-7733  
Fax: 1-800-499-6464  
Web site: [www.channing-bete.com](http://www.channing-bete.com)

**8. Krames Communications**

variety of consumer health education materials including diabetes

Order Department  
1100 Grundy Lane  
San Bruno, California 94066-9821  
Phone: 1-800-333-3032  
Fax: 1-415-244-4512  
Web site: [www.krames.com](http://www.krames.com)

**9. Park Nicollet HealthSource**

variety of health promotion publications including diabetes

Catalog Orders  
3800 Park Nicollet Boulevard  
Minneapolis, Minnesota 55416  
Phone: 1-800-372-7776  
Fax: 612-993-1840  
Web site: [www.healthsource.org](http://www.healthsource.org)

**10. Nutrition Counseling Education Services**

variety of nutrition resources for consumers and health professionals

1904 East 123<sup>rd</sup> Street  
Olathe, Kansas 66061  
Phone: 1-913-782-4385  
Fax: 1-913-782-8230  
Web site: [www.ncscatalog.com](http://www.ncscatalog.com)

**11. Joslin Diabetes Center**

educational materials for consumers and health professionals

One Joslin Place  
Boston, MA 02215  
Phone: 1-800-344-4501  
Fax: 1-617-732-2562  
Web site: [www.joslin.org](http://www.joslin.org)

**12. National Eye Health  
Education Program**

information and resources related  
to eye health including diabetes

2020 Vision Place  
Bethesda, MD 20892-3655  
Phone: 301-496-5248

**13. National Kidney and  
Urologic Diseases  
Information Clearinghouse**

information and resources related  
to kidney and urologic topics  
including diabetes

3 Information Way  
Bethesda, MD 20892-3580  
Phone: 301-654-4415  
Fax: 301-907-8906  
Internet: [nkudic@aeric.com](mailto:nkudic@aeric.com)

**14. Office of Minority  
Health Resource Center**

information and resources on  
a variety of health topics

P. O. Box 37337  
Washington, DC 20013-7337  
Phone: 1-800-444-6472  
Fax: 301-589-0884  
Web site: [www.omhrc.gov](http://www.omhrc.gov)  
Email: [info@omhrc.gov](mailto:info@omhrc.gov)

**15. Centers for Disease  
Control, Division of  
Diabetes Translation**

information and resources for  
consumers and health professionals  
on diabetes care, educational  
materials, and surveillance

MS K-10  
4770 Buford Highway NE  
Atlanta, Georgia 30341-3724  
Phone: 770-488-5000  
Fax: 770-488-5966  
Web site: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**16. NASCO**

nutrition resources  
including food models  
for consumers and health professionals

NASCO Teaching Aids  
4825 Stoddard Road  
Modesto, California 95356-9318  
Phone: 209-545-1600  
Fax: 209-545-1669  
Web site: [www.nascofa.com](http://www.nascofa.com)

**17. National Institute of Diabetes and  
Digestive and Kidney Disease of the  
National Institutes of Health**

Web site: [www.niddk.nih.gov/diabetesdocs.htm/](http://www.niddk.nih.gov/diabetesdocs.htm/)

# Specific Programs to Contact

## **Indian Health Service**

The IHS web site contains links to IHS information and services as well as other American Indian sites.

Contact: [www.ihs.gov/](http://www.ihs.gov/)

## **Native American Diabetes Project**

“Strong in Body and Spirit” Community Education Curriculum and Training Program. Curriculum is a diabetes lifestyle education program for people with diabetes and their families designed to be taught by community members. Training is for teams of at least four people.

To view the curriculum visit the web site: [www.laplaza.org/dwc/prof/nadp/index/html/](http://www.laplaza.org/dwc/prof/nadp/index/html/)

Phone 505-272-4857

## **Pathways**

This is a multi-site research study which focuses on prevention of obesity in 3<sup>rd</sup> to 5<sup>th</sup> grade American Indian children by promoting increased physical activity and healthful eating behaviors. Published articles and bibliographies about various aspects of the study are available.

University of New Mexico Center for Health Promotion/Disease Prevention

Phone 505-272-4462 Fax 505-272-4857

## **National Diabetes Education Program (NDEP)**

A joint program sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention. This is a federally sponsored initiative that involves public and private partners to improve the treatment and outcomes for people with diabetes, to promote early diagnosis and ultimately to prevent the onset of diabetes.

Information and materials available by calling 1-800-438-5383.

Web site is: [www.niddk.nih.gov/health/diabetes/ndep](http://www.niddk.nih.gov/health/diabetes/ndep)

## **NDEP American Indian Campaign**

This program focuses on the seriousness of diabetes in the American Indian population. American Indian specific campaign materials and partnership information are available through the American Association of Indian Physicians Diabetes Program. Contact:

Diabetes Program Coordinator

1235 Sovereign Row, Suite C-9

Oklahoma City, OK 73108

405-943-1211 (toll free 1-877-943-4299)

Web site is: [www.aaip.com](http://www.aaip.com)

**National Diabetes Prevention Center, Gallup, New Mexico**

Established to address the prevention of diabetes in American Indian communities through efforts that encourage, support and incorporate the traditional wellness principles. For more information contact the NDPC at 1-888-590-6372

University of New Mexico site, 505-272-3579

Web site: under construction

**Nutrition****The Foods I Eat...The Foods You Eat**

Multicultural Nutrition Program for Early Childhood Classroom Kit

Many Hands Media

1133 Broadway, Suite 1123

New York, New York 10010

Attn: Customer Service

212-924-2944

**Eating Right is Basic and Fun**

Suzanne Fundingland, EFNEP Coordinator and Nutritionist Specialist

North Dakota State University Extension Service

Box 5016

Fargo, North Dakota 58105

701-237-7289

**Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum**

Clinical Nutrition Services

Box 133

Pine Island, New York 10969

914-344-8105

**Kids Club: Nutrition Learning Activities for Young Children**

Noteworthy Creations, Inc.

P. O. Box 335

Delphi, Indiana 46923

1-800-305-4167

### **Creative Nutrition Education – An Integrated Approach**

Oklahoma State Department of Education, Child Nutrition Programs Section  
310 Hodge Education Building  
2500 North Lincoln Building  
Oklahoma City, Oklahoma 73105-4599  
405-521-3327

### **Physical Activity**

#### **SPARK (Sports, Play and Active Recreation for Kids)**

SPARK Physical Education  
6363 Alvarado Court, Suite 250  
San Diego University  
San Diego, California 92120  
619-594-4284 or 1-800-772-7573

#### **Stepping Out: A Diabetes Exercise Starter Kit**

Publications  
American Dietetic Association  
216 West Jackson Blvd.  
Chicago, IL 60606-6995  
1-800-877-1600

### **School Health**

#### **Growing Healthy Comprehensive School Health Education Program for grades K – 6<sup>th</sup>**

WRS Group, Inc  
P. O. Box 21207  
Waco, Texas 76702-1207  
1-800-551-3488

#### **Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health**

Meeks Heit Publishing Company  
Editorial, Sales and Customer Services Offices  
P. O. Box 121  
Blacklick, Ohio 43004

## **Health Promotion**

### **Health Promotion Programs**

**College of Continuing Education** (offers diabetes and wellness related conferences)

#### **University of Oklahoma**

555 East Constitution, Room 138

Norman, Oklahoma 73072

405-325-1316

## **Clinical Programs**

### **“Feet Can Last A Lifetime”**

A Health Care Provider’s Guide to Preventing Diabetes Foot Problems.

### **“Take Care of Your Feet For A Lifetime”**

Information for persons who have diabetes and their family members.

Available through the National Diabetes Information Clearinghouse

Phone 301-654-3327

Web site: [www.niddk.nih.gov/health/diabetes/feet](http://www.niddk.nih.gov/health/diabetes/feet)

### **Staged Diabetes Management™**

International Diabetes Center

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

612-993-2721

Contact your Area Diabetes Consultant for training and implementation information.

### **Sweet Success**

#### **California Diabetes and Pregnancy Program**

Material and Resource Center

4542 Ruffner Street, Suite 130

San Diego, California 92111-2250

Ph 858-467-4990 Fax 858-467-4993



## **IHS National Diabetes Program Publications Ordering Information**

- This program does not take orders over the phone.
- A written order by a representative of your program is required.
- Please print clearly and provide all the necessary mailing information.
- Orders are mailed out by 4<sup>th</sup> class mail. It takes approximately 3 –5 weeks for delivery from the clearinghouse.
- Make a copy of the order form for your file.
- Please call 505-248-4182 if you have any questions.

# IHS National Diabetes Program Publications Order Form

**Fax, mail or e-mail your request to:** IHS National Diabetes Program  
5300 Homestead Road NE  
Albuquerque, New Mexico 87110  
Ph 505-248-4182  
Fax 505-248-4188  
Email: [s.lorraine.valdez@mail.ihs.gov](mailto:s.lorraine.valdez@mail.ihs.gov)

Date \_\_\_\_\_

Requested by \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Fax Number \_\_\_\_\_

Check one: IHS Area Office \_\_\_\_\_ IHS Service Unit \_\_\_\_\_

Urban Health Program \_\_\_\_\_ Tribal Health Program \_\_\_\_\_ Other \_\_\_\_\_

Program use only			
Description List each item separately. Print clearly.	Number Requested	Number sent	Date sent Comments

**Requested by** \_\_\_\_\_

Program use only

<b>Description</b> List each item separately. Print clearly.	<b>Number Requested</b>	Number sent	Date sent
			Comments